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Tuesday, August 21, 2012



News
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Dozens suspended in first month of new impaired law

True test. Police, advocates say real sign of law's success will be number of alcohol-related collisions



**JEREMY
NOLAÏS**
jeremy.nolais@metronews.ca

Despite months of government warnings about strengthened impaired-driving laws, dozens of Calgary drivers apparently didn't get the message.

New statistics released to Metro on Monday show 149 motorists were allegedly found impaired behind the wheel last month.

Those drivers will be slapped not only with a Criminal Code charge, but also an indefinite licence suspension under a new law that came into effect on July 1.

"Out of a city of 1.1 million people, that's really good," police Insp. Michael Waterston said of the enforcement numbers. "But we still have work to do.... People do respond to us being out there."

Overall, July's impaired statistics are relatively static compared to the year before; however, the city has seen a 67 per cent jump in alcohol-related licence suspensions since 2007.

But advocates point out that suspension tallies are directly linked to police-enforcement levels and the real test for the new law will be alco-

hol-related collision statistics down the road.

"I think we are confident that this will have an impact over time," said Wayne Kaufeldt, a Calgary representative of Mothers Against Drunk Driving, whose daughter was killed by an impaired driver.

The next phase of strengthened impaired-driving legislation comes into effect on Sept. 1, and will see suspensions for blood-alcohol readings of more than .05 raised from 24 hours to three days.

In July, 164 drivers were given the 24-hour temporary suspension, a 24 per cent drop year over year.

Follow Jeremy Nolaïs on
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An awful meth

Use of crystal meth among Calgary youth has taken a sharp rise, and police and addiction workers are deeply worried PAGE 3

Akin won't bow out

Republican Congressman Todd Akin apologizes for his remarks about 'legitimate rape' but refuses to drop his bid for the U.S. Senate PAGE 11

Hot potato

Try Yukon Gold slices instead of pasta for lasagna the whole family can make PAGE 25



SAD FAREWELL

A family member carries the ashes of slain peace officer Rod Lazenby during his funeral in Edmonton on Monday. Lazenby was killed when he investigated a complaint at a dog breeder's property near Priddis. Story, page 6.

JASON FRANSON/THE CANADIAN PRESS

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Prior record

Shooting suspect was ordered to stay away from partner: Police

Police say a suspect alleged to have shot his common-law wife had previous charges related to domestic violence. Nihad Abdullah Ibrahim, 52, of Calgary, is now being sought by police on Canada-wide warrants in connection with the shooting.

Duty Insp. Jim Leung said around 1 a.m. Monday, police were called to a home in the 700 block of Martindale Boulevard N.E. where a woman allegedly ran from her home and was shot in the front yard.

"The report indicated that a female victim, who was 58 years old, ran out and alerted neighbours that she had been shot three times," said Leung, adding the victim was suffering one shot to her stomach and two shots to her legs.

She was transported to hospital, where she underwent surgery and was listed as stable, according to Leung.

He said the incident stems from a domestic incident situation where Ibrahim, her estranged husband, allegedly entered her home and confronted her.

Leung said Ibrahim had been charged on Aug. 7 with a domestic-related incident and was ordered to have no contact with the alleged victim; however, he was arrested on Aug. 12 after entering the victim's home.

Ibrahim is facing a minimum of two charges — aggravated assault and assault with a weapon — but he could face further charges, according to Leung. **KATIE TURNER/METRO**



For more local news visit metronews.ca.

Resurgence of crystal meth is no surprise, says task force co-chair

Failure to act. Report issued in 2006 called for dozens of measures, but they haven't been implemented, says Dr. Robert Westbury

ROBSON FLETCHER
calgary@metronews.ca

The co-chair of the Premier's Task Force on Crystal Meth was not surprised to hear the drug is making a comeback among at-risk youth in Calgary, as he says the province has failed to act on dozens of recommendations issued nearly six years ago.

"I think that our report really never saw the light of the day," Dr. Robert Westbury told Metro in an interview on Monday.

"Very little has been done around that report from the provincial point of view."

Westbury, who now works as a chief advisor for Telus in Edmonton, co-chaired the task force in 2005-06 along with Dr. Colleen Klein, the wife of then-premier Ralph Klein.

The report they issued in September 2006 called for numerous measures to curb crystal meth use, particularly the creation of more youth treatment centres in Alberta.

But Danene Lenstra, program lead at the Alex Youth Health Centre in Calgary, said meth use is clearly on the rise among the centre's clientele.

"I've seen, over the years, drugs kind of come and go in waves, depending on



A pouch containing crystallized methamphetamine and a homemade pipe are shown in this file photo.
THE ASSOCIATED PRESS FILE

which one, and right now it's meth," she said. "And of all the drugs I've ever seen, meth is by far the scariest."

Calgary police have not seen a rise in seizures of meth in the last two years, according to drug unit Det. Collin Harris.

Westbury, however, said

police aren't as likely to see the effects of meth use as treatment workers.

Alberta was "nowhere near being able to look after the kinds of addictions that were out there" in 2006, Westbury said, and little has changed on that front since then.

Quoted

"I think that our report never really saw the light of day. Very little has been done around that report from the provincial point of view."

Dr. Robert Westbury, who co-chaired the Premier's Task Force on Crystal Meth

Calgary youth

- The Alex Youth Health Centre recorded more than 15,000 visits in 2011, up from about 10,500 in 2010.
- Roughly 2,400 individuals accessed the centre's services in 2011, up from about 2,000 in 2010.
- The Premier's Task Force on Crystal Meth issued 83 recommendations in 2006.

1 NEWS

Mobile news



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Determination helps foreign-trained dentist restart his career in the Prairies

Discipline and hard work are paying off for Dr. Hooman Mohandesan, who today is enjoying the rewards of his labour, after a gruelling three-year journey to re-launch his career as a foreign trained dentist in Canada.

"It was honestly very hard, but when you're done, you feel the joy and pride of this difficult task," chuckles Iranian-born and trained Dr. Mohandesan, who completed the two-year International Dentist Degree Program at the University of Manitoba, as well as intensive National Dental Board exams.

To make it through the eligibility exams, interviews and heavy course load, Dr. Mohandesan followed a careful regime during those years – focusing on his studies with short work-outs at the gym. "Since there was no guarantee that I would be accepted to the program on my first try, I concentrated on the exams and making contacts to learn the process and prepare myself," he recalls.

While excited to rebuild his career in welcoming, multicultural Canada, the dedicated student struggled to preserve his savings, since he didn't know when he might begin practicing his profession. "It took some time to get used to my new economic status as a student, with all the daily expenses, but no income," he explains.

Fortunately, during an orientation event at University of Manitoba, Dr. Mohandesan met Scott Bollman, a Manager of Small Business at Scotiabank. "I liked the interaction with Scott at our meeting," says Dr. Mohandesan. "Since as a newcomer I was not very familiar with the Canadian financial system, I had a lot of questions, and Scott was very patient throughout our discussion about student loans and banking options."

Scott explained the *Scotia Professional*® Student Plan, tailored for students like Dr. Mohandesan who was completing a professional degree, offered tips on affordable Winnipeg neighbourhoods, and demonstrated how a Scotiabank line of credit would accommodate his needs.

"It's more like a friendship, since I'm really dealing with a human being, not just an institution," says Dr. Mohandesan to describe the responsive Scotiabanker who has also helped him apply for a credit card, foreign currency accounts and provided advice on saving for his future.

"That's how we serve our customers, particularly new Canadians who face many challenges to establish themselves at the beginning," observes Scott. He adds that he offers programs such as the *Scotiabank StartRight*® Program¹ for Newcomers,

which includes a free day-to-day bank account for one year², a wide range of credit card options³ and a number of other customized services and benefits.

Although Dr. Mohandesan is enjoying a bit more leisure time since graduating, he continues his hard working style, serving as a Dental Implants Fellow and as a researcher and clinical instructor at the Faculty of Dentistry at the University of Manitoba. His advice to other newcomers, "Concentrate on your goals, learn the process, and build good relationships with people who know what to do to get your career or finances in order."

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A family member sheds tears by the hearse carrying slain peace officer Rod Lazenby during a funeral in Edmonton on Monday. Lazenby was killed when he responded to a complaint at a dog breeder's property near Priddis, Alta.
JASON FRANSON/THE CANADIAN PRESS

Slain Foothills peace officer remembered

In honour. A full regimental memorial service in High River will take place Friday

Law enforcement

35

Rod Lazenby worked for the RCMP for 35 years prior to becoming a peace officer for the Municipal District of Foothills.

A cousin of the Alberta peace officer killed while investigating a complaint thinks he should have been allowed to carry a firearm on the job.

Rod Lazenby had previously worked for 35 years as a Mountie, including dangerous undercover investigations into organized crime. When he retired in 2006, he started enforcing bylaws in the Municipal District of Foothills.

"After him being in the Mounties for so long, I don't know why they wouldn't al-

low them to have a gun," Dale Erickson said Monday after attending Lazenby's funeral in Edmonton.

Erickson told reporters that he doesn't know how someone could have overpowered such an experienced officer, unless it was by surprise.

"Maybe a gun wouldn't have helped anyway," Erickson said.

"He was a wonderful man. He would do anything for anybody. What a way to go."

Dozens of bylaw and

RCMP officers attended the private service and accompanied the family as his ashes were taken to a cemetery in nearby Sherwood Park.

Few details have been released on the circumstances of Lazenby's death. He was checking out a dog complaint on a ranch near Priddis, southwest of Calgary, on Aug. 10. There had been ongoing problems with dozens of dogs on the site for a couple of years.

The man who lives on the property, Trevor Kloschinsky, has been charged with first-degree murder. He was brought into Calgary court in shackles Monday for a brief appearance.

The 46-year-old stood quietly in the prisoner's box while his matter was put over until Sept. 10. **THE CANADIAN PRESS**

Keeping it locally grown in Inglewood-Ramsay

It won't get much more locally grown than the items sold at the new Inglewood and Ramsay Farmers' Market.

Kym Chi, garden curator and market coordinator for The AREA in Inglewood, said they wanted to start a market, since there are few places to buy food in either of the communities.

"The main goal of the farmers' market is to stay as local as possible and provide some high-quality food for the Inglewood-Ramsay community," she said.

Intention

"The main goal of the farmers' market is to stay as local as possible and provide some high-quality food for the Inglewood-Ramsay community."

Kym Chi, garden curator and market coordinator for The AREA in Inglewood

The main supply of produce sold at the market will

be provided by the Leaf Ninjas — a group of urban farmers who have plots within Ramsay and Inglewood.

"We're trying to focus (on selling) as much produce as possible from here," said Chi.

The market will be held every Tuesday, beginning Aug. 21, and will likely operate until mid-October and reopen again in May.

The AREA is located at 1119-10 Ave S.E. and the market will be open from 3:30 p.m. until 8 p.m.

KATIE TURNER/METRO

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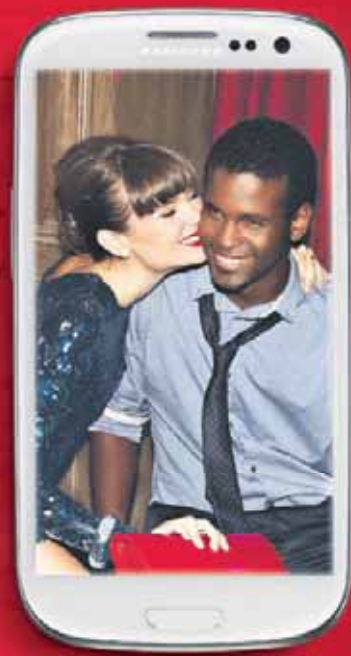
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Calgary peace officer Todd Kabeya holds a dead rat found in Auburn Bay last week. METRO FILE

Alberta rat lovers don't know what all the fuss is about

Strategy. Province maintains rooting out pesky vermin saves millions annually



JEREMY NOLAÏS
jeremy.nolais@metronews.ca

Their names were Mouse and Molly, and Erin Schimpf loved them dearly.

Sadly, when it came time for her family to move from B.C. to Fox Creek, Alta., nine years ago, Schimpf was forced to part ways with her beloved Dumbo rats — the fine here for keeping the long-tailed variety of pet is \$5,000 or 60 days in jail.

"It was too big of a risk," Schimpf said. "I cried for a week ... pet rats are not like Norway rats. They are soft and cuddly."

Norway rats have routinely made headlines in recent days after the discovery of an infestation at Medicine Hat's landfill and one dead rodent in the Calgary community of Auburn Bay.

But while officials maintain the chances of a widespread rodent rabble are slim, the incidents have drawn Alberta's "rat-free" strategy back into the spotlight.

A provincial spokesperson shared Monday that his team had fielded calls from as far away as Eastern Canada and even Italy asking about the tactics and results gained by Alberta's Rat Patrol. The group of agricultural fieldmen eliminate curious rats within a 600-kilometre long and 30-kilometre wide zone along the eastern provincial boundary.

But none of the money poured into maintaining the

Cost of rat-free zone

The Alberta government provides more than \$340,000 annually to municipalities and counties along the Saskatchewan border to maintain a rat-free zone.

program makes sense to Edmonton resident Jessica Sharp, who has received hundreds of signatures on a petition advocating legal rat adoption in Alberta.

"Alberta is not rat free," she said. "Humans need to stop pretending that they have control over that. We may not have as many wild rats as (New York City) but we are still not rat free."

Follow Jeremy Nolaïs on Twitter @Metro_Nolais



Agricultural workers

Union derides province for decision to eliminate farm fatality reporting

The Alberta Federation of Labour is criticizing the provincial government for no longer reporting farm fatalities.

The union says the move is an example of how "agricultural workers are being erased in Alberta."

"This decision to stop reporting the number and nature of farm deaths helps to hide the real problem — Alberta's deplorable lack of work-

place protection for farms workers in the province," union spokesperson Nancy Furlong said in a release Monday.

The union says the province is the only one where farm workers aren't covered by occupational health and safety laws. It says they are also excluded from legislation on hours of work and overtime, statutory holidays and vacation pay.

A judicial inquiry in 2008 into the death of worker Kevin Chandler in an accident on a farm near High River, Alta., recommended the inclusion of farm labourers in laws ensuring workplace protections.

THE CANADIAN PRESS

Alleged gang ties. Convict deported

The Canadian Border Services Agency confirmed a man with alleged gang ties was deported to Vietnam last week.

Tien Ngoc Ho, 25, was removed from Canada under the escort of CBSA officers on Aug. 13, CBSA said in a statement.

Ho has been in CBSA custody since July 13, but was originally ordered deported in December after being convicted of 26 firearms-related convictions. He was sentenced to a six-year prison term. Ho is alleged to have ties to Calgary gang FOB Killers. METRO

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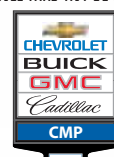
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Gas-station robbery

Robbery suspect shoots himself after police chase

Police in Saskatchewan say an armed standoff that began when police chased a robbery suspect to a rural garage ended with the man killing himself.

RCMP say they started chasing the man on Saturday in Meadow Lake when they spotted a vehicle they believed to have been

involved with a gas-station robbery earlier in the day.

Mounties say the man eventually drove across a field, and then jumped out of the vehicle and into a garage.

Police say the suspect fired off two rounds, but no one was injured.

Early Sunday morning, police say a 37-year-old man from Meadow Lake was taken to hospital with a self-inflicted gunshot wound.

He was pronounced dead shortly after he arrived.

THE CANADIAN PRESS

Rallying support for Assange

A supporter of Julian Assange, the founder of the WikiLeaks, waits outside the Ecuadorian Embassy in London on Monday, where Assange has been living since June. Several South American nations have declared their support for Ecuador's decision to grant asylum to Assange, while he faces extradition to Sweden over allegations of sexual assault.

GETTY IMAGES



Handcuffed man shot himself in head: Autopsy

While handcuffed.

Report follows release of police video from before and after shooting

A man whose hands were cuffed behind him in the back seat of an Arkansas patrol car shot himself in the right temple with a handgun he apparently concealed from arresting officers, according to an autopsy report released Monday that listed the death as a suicide.

The state crime-lab report, signed by three medical examiners, said the muzzle of a gun was placed against Chavis Carter's head when it was fired.

The report said the manner of death was ruled a suicide based on autopsy findings and investigative conclusions from the Jonesboro police department.

"He was cuffed and placed into a police car, where apparently he produced a weapon, and despite being handcuffed, shot himself in the head," the report said.

Police have said officers frisked Carter, 21, twice after a traffic stop without finding a gun before he was fatally shot July 28.

Shooting simulation

- As part of their investigation, the Jonesboro police also released a video reconstruction of the shooting showing how a man could shoot himself in the head with his hands cuffed behind him.
- They say they used the same type of handcuffs used on Carter and the same model of handgun found with him after he died, a .380-calibre Cobra semi-automatic.

The autopsy report comes days after police released dashboard camera video recorded the night Carter was shot. Part of the video showed Carter being patted down and ended before officers found Carter slumped over and bleeding in the back of a patrol car as was described in a police report. Police later released additional video they said was recorded after Carter was found.

Neither included the moment they say Carter shot himself, and the footage did little to resolve questions about how the shooting could have happened. THE ASSOCIATED PRESS

Habitat change

Many polar-bear dens found near Man.-Ont. border

Manitoba conservation officers are finding more polar-bear dens in an area along the Hudson Bay coast near the Ontario boundary.

Darryll Hedman says they were surprised at the high number of dens, which could

equal the number of dens in better-known areas further north.

Hedman says it may be a sign that the polar-bear population in the area is healthy, at least for the time being.

But he says the ice-free period in the area is getting longer as the climate changes.

That means it is getting harder for females to hunt seals and gain enough weight to give birth.

THE CANADIAN PRESS



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Regina

Razor blades found in pool

Regina police are investigating after staff found razor blades at the bottom of an outdoor pool.

The city says the blades were discovered Sunday and were embedded in a slide at Dewdney Pool.

THE CANADIAN PRESS

Holy skinny dip

Congressman apologizes for nude Galilee swim

A Republican congressman representing Kansas has apologized for embarrassing his supporters by swimming naked at the holy site of the Sea of Galilee while on a fact-finding mission to Israel.

Freshman U.S. Rep. Kevin Yoder, 36, has not been charged in the Aug. 18, 2011, incident when he and about 20 other lawmakers and staff members jumped into the water. Politico reported Sunday that he was the only one among them who wore no clothes.

Yoder said it was dark and he was in the water for only about 10 seconds.

THE ASSOCIATED PRESS

E. coli

Produce supplier recalling lettuce

California produce supplier Tanimura & Antle said Sunday it is voluntarily recalling romaine lettuce that was shipped to 19 states, Puerto Rico and Canada over fears about possible E. coli contamination.

THE ASSOCIATED PRESS

Turnaround

Farmers welcome early corn harvest

One of the worst growing seasons most U.S. farmers can remember is coming to an end with a corn harvest that's at least three weeks early thanks to an unusually warm spring and suffocating summer.

The U.S. Department of

Agriculture said Monday in its weekly crop progress report that four per cent of the corn harvest is complete. Normally, just one per cent of the crop is in at this point in August.

While farmers usually have to wait for the corn in their fields to dry or spend money to dry it with huge blowers, in many areas, the heat has done the work.

THE ASSOCIATED PRESS

La Leche. Motherhood group stands behind transgender ban

Breastfeeding advocates and parenting gurus are voicing support for a transgender Winnipeg man who nurses his son, in the wake of a motherhood support group's refusal to allow him a leadership role inside the organization.

"La Leche League Canada's decision is discriminatory," said Annie Urban, of the popular parenting blog PhD in Parenting. "It is time for La Leche League to update its guidelines and recognize that breastfeeding is not exclusively a mother's domain."

La Leche League Canada (LLLC) recently informed Trevor MacDonald, 27, he could not lead support circles or serve as a breastfeeding coach because he identifies as a man, which contravenes the organization's policy definition of motherhood. Only women can serve as leaders, according to LLLC policy. (Trevor uses "MacDonald" as a pseudonym.)

Elisabeth Sterken, director of INFAC Canada, a non-governmental organization that promotes breastfeeding, called LLLC's policy "unacceptable."

While LLLC has publicly supported Trevor's right to breastfeed, and acknowledges his experience nursing his 16-month-old son, the group has no plans to budge.

"It would take a lot of discussion over probably a long period of time before anybody was ready to even consider



Trevor, a 27-year-old transgender man, breastfeeds his 16-month-old son. CONTRIBUTED

changing policies that would be in the best interests of La Leche League's mission," Fiona Audy, chair of the group's board of directors, told the Torstar News Service on Monday.

TORSTAR NEWS SERVICE

Quoted

"It's not so much about the man and the woman or the mother and father ... it's the relationship between the parent and the child."

Dawn Hanes, Baby Friendly Initiative Ontario

Akin apologizes, but refuses to quit race



Rep. Todd Akin, seen here talking with reporters last week, apologized Monday for saying in an interview that women's bodies can prevent pregnancies in "a legitimate rape." ORLIN WAGNER/THE ASSOCIATED PRESS

'Legitimate rape' gaffe. Republican congressman appears on radio show as party members call for him to drop his U.S. Senate bid

A congressman running for the U.S. Senate apologized Monday for his televised comments that women's bodies are able to prevent pregnancies if they are victims of "a legitimate rape," but he refused to heed calls to abandon his bid for the Senate.

Todd Akin, appearing on former presidential candidate Mike Huckabee's radio show, said rape is "never legitimate."

"It's an evil act. It's committed by violent predators," Akin said. "I used the wrong words the wrong way."

Calls for Akin's exit from

Quoted

"Like millions of other Americans, we found (Akin's comments) to be offensive."

Republican presidential candidate Mitt Romney, who called Akin's comments "insulting, inexcusable and frankly wrong."

the race grew Monday, with at least two Republican senators — Scott Brown of Massachusetts and Ron Johnson of Wisconsin — saying he should resign the party's nomination.

The six-term congressman is the Republican nominee for U.S. Senate, opposing Democratic incumbent Claire McCaskill in the November election.

The election is one of this year's most closely watched races, as it represents one of the Republicans' best chances of defeating a Democratic incumbent as they try to gain control of the Senate.

McCaskill, who is seeking a second term, is considered vulnerable because of her strong ties to President Barack Obama — she was an early supporter in 2008 — and the fact that Missouri is considered an increasingly conservative state.

"The good people of Missouri nominated me, and I'm not a quitter," Akin said. "And my belief is we're going to take this thing forward and by the grace of God, we're going to win this race."

During the primary campaign, Akin ran TV ads in which Huckabee praised him as "a courageous conservative" and "a Bible-based Christian."

THE ASSOCIATED PRESS

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Canada's future lies in North, says Harper

Annual Arctic sojourn. PM kicks off northern tour with bullish vision of taking advantage of region's oil, gas and mineral resources

Prime Minister Stephen Harper says Canada's future lies in the exploitation of the nation's northern resource riches, branding it as a "great national dream."

Harper kicked off his annual tour of Northern Canada Monday with a bullish vision that sees the country's prosperity fuelled by untapped Arctic resources.

"Those who want to see the future of this country should look north," he told a gathering of Tory supporters.

"Because that great national dream — the development of northern resources — no longer sleeps. It is not down the road. It is happening now. The North's time has



Canadian Prime Minister Stephen Harper and his wife Laureen pet a husky dog as they tour Caribou Crossing, Yukon, on Monday. ADRIAN WYLD/THE CANADIAN PRESS

come, my friends, and you ain't seen nothing yet."

Harper made the comments even as controversy flares on another resource front — the plan to pipe Alberta oil over sensitive British

Columbia lands to the Pacific coast and on to Asian markets.

But the turbulence bubbling in the west over the pipeline hasn't dampened Harper's view that Canada's future fortunes lie in exploiting oil, gas

and mineral resources.

Harper said mineral exploration is already reaching unprecedented levels across the North, with some 30 new projects to be developed over the next decade. **TORSTAR NEWS SERVICE**

Unpaid fines. Feds looking to recoup more than \$137 million

The federal government is looking to hire a collection agency to recoup millions of dollars in unpaid fines.

A letter of interest posted on a government contracting website shows 22,313 people owed close to \$129 million in unpaid fines as of March 31, 2011. The government said Monday that as of July 31, that number has since risen to more than \$137 million.

"Specific services of PPSC are required to collect outstanding federal fines owed to Canada, including Criminal Code fines, surcharges and court costs ordered with the federal fine at sentencing. This includes legal costs where applicable, using appropriate collection methods," the document says.

The Atlantic provinces had the most outstanding accounts, with 6,618, followed by Alberta with 4,129 and Quebec with 3,132.

Before 1996, the Criminal Code called for people to automatically be sent to jail for not paying fines, according to a PPSC spokesman. But changes to the code ended that practice.

Debt collection

In 2010-11, the report says, debt collectors recovered just \$5 million — down 15 per cent from the previous year.

- Nearly all fines collected were in the \$5,000 range, and the government closed 1,600 case files.
- Around 150 people were jailed between April 2010 and March 2011 for refusing to pay their fines, the annual report notes.

The National Fine Recovery Program started in 2002 to collect money from people convicted of crimes under federal law.

There are small fine-recovery teams in eight cities: Vancouver, Edmonton, Saskatoon, Winnipeg, Toronto, Ottawa, Montreal and Halifax. The program employs about 19 paralegals and clerks as well as part-time prosecutors, the document says. But funding for the program ends next March.

THE CANADIAN PRESS

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Ottawa revamps system for judging skilled-immigrant applications

Citizenship. Language proficiency becomes most important factor

Ottawa is revamping the point grid it has used for the past 10 years to judge skilled-immigrant applications.

The proposed revisions, to go into effect next January, will put more emphasis on language skills and professional credentials equivalent to Canada's — while de-emphasizing work experience abroad.

This would be the first major overhaul of the immigration point-grid system since 2002, when the Liberal government of the day lowered the passing mark and jiggled minor point allocations.

Under amendments to the federal skilled-worker program published Friday, language proficiency — a strong indicator of how well new immigrants do economically — will become the most important factor in whether applicants are approved, worth a maximum of 28 points, up from 24.

The total "passing" mark will remain at 67, but the revised grid will favour younger

Proposals

Citizenship and Immigration Canada is also proposing to reduce the total number of points given for work experience from 21 to 15, and increase the years of experience required to achieve full points from four years to six.

- Changes are also contemplated to the Canadian Experience Class, which allows highly skilled foreign nationals with Canadian work experience, or graduates from a Canadian university, to apply for permanent residency.

immigrants by awarding a maximum of 12 points for applicants in the 18-35 age bracket. Applicants over 46 would get 0 points.

"These changes will reflect the relative value Canadian employers place on foreign work experience, and redirect points to language and age factors, which are better indicators of success," said the government statement.

TORSTAR NEWS SERVICE



Fire sweeps through Croatian countryside

Croatian firefighters attempt to extinguish a forest fire near the town of Perkovici near Sibenik, 230 kilometres south of the Zagreb, Croatia, on Monday. Firefighters fought a fire that destroyed a large swath of forest and scrub land near the Adriatic coast.

SULEJMAN OMERBASIC/THE ASSOCIATED PRESS

Venezuela

More than 20 dead in prison riot

More than 20 people were killed during a prison riot as two groups of inmates waged a gunbattle inside the penitentiary, Venezuelan officials said Monday. It was the latest in a series of bloody clashes that have flared in Venezuela's overcrowded prisons and become a major problem for President Hugo Chavez's government.

THE ASSOCIATED PRESS

Mexico

Two killed in running of bulls

Health authorities say two people are dead and 18 injured after this weekend's running of the bulls in the small central Mexico state of Tlaxcala. Tlaxcala state Health Department spokesman Yered Gallardo says the dead include one man who was crushed against a barrier by a charging bull. Another elderly man died Sunday after a bull escaped its enclosure and went running through the streets.

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Astronauts shield space station from oncoming junk

Spacewalk. Even a tiny piece of space debris can inflict damage

Spacewalking astronauts improved the safety of their orbiting home Monday by installing shields to protect against zooming pieces of junk.

Gennady Padalka and Yuri Malenchenko hung the panels on the Russian side of the International Space Station, after moving a bulky crane and tossing overboard a small spherical satellite.

The Russian spacewalking powerhouse — the two have 14 spacewalks between them — kept going even after Mission Control in Moscow advised them to take a break three and a half hours into their six-hour excursion.

They surged ahead despite a late start to Monday's



In this still image made from video provided by NASA, a Russian cosmonaut installs shields to improve the safety of his orbiting home on Monday.

NASA/THE ASSOCIATED PRESS

spacewalk, the first at the space station in six months.

A leaky valve somewhere on the Russian side forced the crew to reopen the air lock and check the seals to ensure a tight fit, before Padalka and Malenchenko could go out.

Padalka assured flight con-

trollers they were in no rush, but admitted it was "kind of boring" to wait an extra hour.

Armour is needed to reinforce the Russian segment, which unlike the U.S. compartments, arrived without the proper protection already in place.

THE ASSOCIATED PRESS



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Serving up sweets. Tennis star Sharapova launches candy line

Tennis star Maria Sharapova is going into the candy business.

The four-time Grand Slam title winner launched her Sugarpova brand of 12 types of sweets on Monday at Henri Bendel in New York City.

At this year's French Open, which Sharapova won, she called Sugarpova "the most exciting project that I've ever done ... because it's my own business, my own investment, my own money."

Sharapova is ranked third in the overall standings heading into the U.S. Open tennis tournament, which starts next week.

THE ASSOCIATED PRESS



Maria Sharapova appears for her Sugarpova candy launch at Henri Bendel in New York on Monday.

GETTY IMAGES

Market Minute



DOLLAR
101.17¢
(+0.07¢)

Natural gas: \$2.776 US (+5.7%)
Dow Jones: 13,271.64 (-3.56)



TSX
12,706.03 (-13.85)



OIL
\$95.97 US (-4¢)



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\$1,623 US (+\$3.60)

GOOD NEWS TODAY

The unseen spirit world recognizes Jesus as the One who wields ultimate authority over them. This authority is delegated to those who put their trust in Jesus, and speak His Word. Do you know Jesus? Have you trusted in Him?

(Luke 10:17, Lord, even the demons obey us when we use Your name)

GOODNEWSTODAY.CA

Carney apologizes for banknote controversy

Money problems.

Image of Asian woman removed from original design of new \$100 bill after focus groups raised questions

Bank of Canada governor Mark Carney apologized Monday for the way the image of an Asian woman was removed from the initial design for new \$100 banknotes, promising to review the bank's internal processes.

"I apologize to those who were offended — the bank's handling of the issue did not meet the standards Canadians justifiably expect of us," Carney said in a statement. "Our banknotes belong to all Canadians, and the work we do at the bank is for all Canadians."

The Canadian Press reported last week that the image of an Asian woman was purged from the original design after some focus groups in October 2009 raised ques-



The Bank of Canada has apologized for the way the image of a woman who appeared to be Asian was removed from the initial design of the new \$100 banknote. BANK OF CANADA/THE CANADIAN PRESS

tions about her ethnicity.

Some of the participants said the Asian woman did not represent Canada; some said other ethnic groups should be shown as well, says a report obtained under the Access to Information Act.

By the end of 2009, an image of a white-looking woman was substituted in a move bank spokesman Jeremy Harrison said was to restore "neutral ethnicity." The original design never went into circulation.

Spokespersons for the Chinese Canadian National Council called the move "racist," and demanded the bank change its policies to stop "erasing" visible minorities from Canada's money.

THE CANADIAN PRESS

Apple sets record for company value

Apple is Wall Street's all-time MVP — that's Most Valuable Property.

On Monday, Apple's surging stock propelled the company's value to \$624 billion US — the world's highest, ever. It beat the record for market capitalization set by Microsoft in the heady days of the Internet boom.

After a four-month dip, Apple's stock has hit new highs recently because of optimism around what is believed to be the impending launch of the iPhone 5, and possibly a smaller, cheaper iPad.

Apple has been the world's most valuable company since the end of last year. It's now worth 54 per cent more than

Tech triumph

\$624B

Apple's surging stock has pushed the company's value to \$624 billion US

No. 2, Exxon Mobil.

Apple's stock closed at

\$665.15. That was an all-time high, up \$17.04, or 2.6 per cent, from Friday's close.

Microsoft's 1999 peak was \$620.58 billion, according to Standard & Poor's.

Analysts believe Apple's stock has room to grow. The average price target of 38 analysts polled by FactSet is \$745.80. THE ASSOCIATED PRESS

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15 KM FROM START TO FINISH



SHE SAYS ...
Jessica Napier
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dearest, I decided to strap on my running shoes and embark on a 15-kilometre run with hundreds of strangers.

In case you've ever wondered what it's like to pound the pavement non-stop for 15 kilometres, I thought I'd invite you into the mind of an unwilling runner.

Here's what was going through my head every sweaty step of the way:

1 km: I feel great. Am I making this look easy? I think so. Perhaps I should follow Usain Bolt's example and invent a signature finish-line move.

2 km: Getting into the groove now. Running behind a friend whose rhythmic ponytail-swaying is helping me keep a good pace.

3 km: Ugh. After spending two hours curating a playlist full of perfectly sequenced pump-up jams, my iPod seems to be stuck on shuffle. Also, whatever happened to DMX? Does he still make music?

New trend?

"Fellow runners are slowing down to take snapshots of the beautiful view along the route. I joke that uploading photos to Instagram while running shall henceforth be known as 'Instagrunning.'"

those lame waistband water-bottle harnesses.

6 km: A HILL? Nobody told me there would be hills!

7 km: Stomach pains. Clearly a salted caramel cupcake wasn't exactly a good pre-race snack.

8 km: Fellow runners are slowing down to take snapshots of the beautiful view along the route. I joke that uploading photos to Instagram while running shall henceforth be known as "Instagrunning."

9 km: Can I make it another six kilometres without having to use one of those questionable-looking porta-potties?

10 km: At the 10-kilometre mark I spot a random road sign that reads: "Brake for Snakes." I immediately decide to picture a group of angry snakes slithering behind me and pick up the pace.

11 km: Four more to go and I can't stop thinking about drinking the largest glass of white wine when this is all over.

12 km: Blisters, blisters, blisters, blisters, blisters, blisters.

13 km: Whoops. I accidentally threw a half-full cup of Gatorade in the general direction of a fellow runner. Run faster to avoid eye contact.

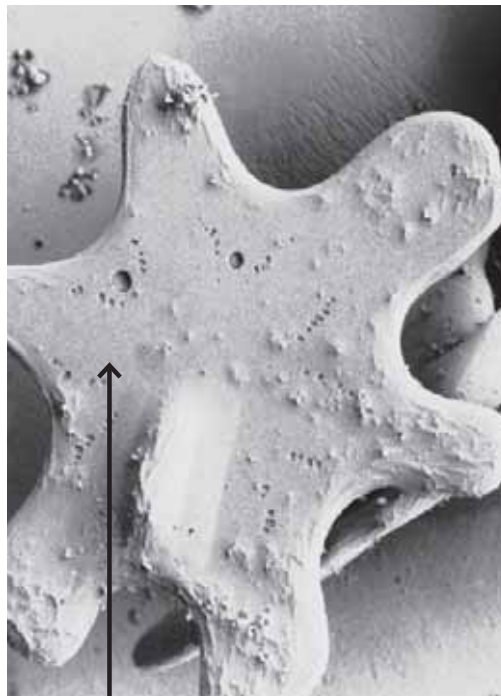
14 km: OK, you can do this. Harder, better, faster, stronger.

15 km: One hour and 38 minutes later and it's all over!

Someone give me my finisher medal and that aforementioned glass of wine.

end I celebrated my 27th birthday thought I should do something different to mark the occasion. than planning a night out of booz-debauchery with my nearest and

Snow way ... that's H₂O?



ELECTRON AND CONFOCAL MICROSCOPY LABORATORY/AGRICULTURAL RESEARCH SERVICE/U. S. DEPARTMENT OF AGRICULTURE

Snowflake art

Snow pics reveal very odd shapes

One looks like an amoeba, the other looks like something out of a futuristic, otherworldly landscape.

But these are snowflakes and ice crystals captured in stunning high detail.

Taken with a low-temperature scanning electron microscope, the pictures are products of the Beltsville Agricultural Research Center in Maryland.

METRO

Snow in detail

- **Studying snow.** Snow and ice crystals are collected on copper sample plates containing pre-cooled methyl cellulose solution. The plates are plunged into pools of liquid nitrogen, rapidly cooling them to -196 C. They are shipped to Maryland to be held in storage or examined and photographed on a pre-cooled (-170 C) stage of a scanning electron microscope.

- **Objective:** to find out the water content of the winter

snow pack. James Foster, a scientist at NASA, explains the science: "Less radiation from the ground is emitted with larger snow crystals as the radiation is more scattered. From this we can determine the thickness of the snow, and ultimately how much water it can hold."

- **Different shapes.** In their basic form, snowflakes are hexagonal in shape. But once they've fallen and interacted with heat or vapour, they undergo metamorphosis. "As a result, we can get really odd shapes," Foster said.

Specialist's view

"These images show that the phrase 'No two snowflakes are alike' is probably true."

James Foster, physical scientist in hydrological sciences at NASA.

Foster explained to Metro that all snowflakes are unique because "their histories are slightly different. Everything from vapour, wind and heat affects them in a varying manner, resulting in a unique shape."

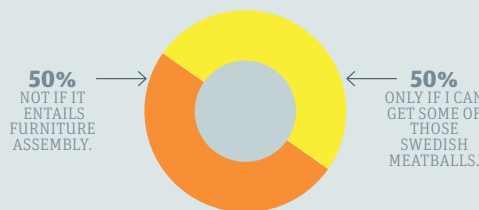


During a 15-kilometre race, it's debatable whether your feet are running as fast as your mind. GETTY IMAGES



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Would you stay at an Ikea hotel?



Twitter

@Maritimerjen:

Know what's awesome? Being stuck in construction traffic with a screaming newborn. #yyc

darker if that's even possible #browngirlproblems

@Riders_Girl:

These thunderstorm watches and warnings can stop anytime. So far, my truck has escaped the hail. #abstorn #yyc #hail #damage

@dani12288:

Relative temperature of Calgary transit? Equivalent to the seventh level of hell. And I wasn't warm enough without the heater.. #YYC

@dulani_ks:

Daaaamn it's hot out today in #yyc. My skin is getting even

@PJMcfwhinnie:

Dear weather gods please don't bring hail to #yyc, sincerely Stella the chevy cavalier

With *The Expendables 2* taking the No. 1 spot at the box office last weekend, we have proof once again that if you pack a ton of high-profile talent into one film, you can't lose. Here we take a look at some of the best high-head count films.

HEIDI PATALANO
Metro World News in New York



The Avengers (2012)

The cast: Robert Downey Jr., Scarlett Johansson, Chris Hemsworth, Mark Ruffalo, Jeremy Renner, Samuel L. Jackson, Chris Evans, Gwyneth Paltrow, Tom Hiddleston, Cobie Smulders, Stellan Skarsgard

High-power head count: 11

Critical reaction: 92 per cent approval rating on RottenTomatoes.com

What made it great: With a snappy script, skillful performances and powerful action sequences, *The Avengers* offered a well-rounded meal for hungry comic book fans.

Opening box office take: \$207.4 million

Pulp Fiction (1994)

The cast: John Travolta, Samuel L. Jackson, Bruce Willis, Harvey Keitel, Uma Thurman, Tim Roth, Ving Rhames, Rosanna Arquette, Eric Stoltz, Christopher Walken

High power head count: 10

Critical reaction: 95 per cent approval rating on RottenTomatoes.com

What made it great: Quentin Tarantino's landmark film resurrected John Travolta's career and became a watershed moment for indie cinema.

Opening box office take: \$9.3 million

5 of the best ensemble films

Ocean's 11 (2001)

The cast: George Clooney, Brad Pitt, Julia Roberts, Matt Damon, Don Cheadle, Elliott Gould, Andy Garcia, Casey Affleck, Bernie Mac, Carl Reiner, Scott Kahn

High-power head count: 11

Critical reaction: 82 per cent approval rating on RottenTomatoes.com

What made it great: Funny, stylish, smart and very, very sexy, this heist caper front-loaded with talent made Steven Soderbergh's skill as a director shine that much brighter.

Opening box office take: \$38 million



The Royal Tenenbaums (2001)

The cast: Gene Hackman, Ben Stiller, Gwyneth Paltrow, Danny Glover, Bill Murray, Anjelica Houston, Alec Baldwin, Owen Wilson, Luke Wilson

High power head count: Nine

Critical reaction: 80 per cent approval rating on RottenTomatoes.com

What made it great: Director Wes Anderson's quirky film about family dysfunction utilized each actor's strongest talents so well that the film is largely considered his best. A 2008 survey by film magazine *Empire* named it the 159th best film of all time.

Opening box office take: \$8.5 million



The Expendables (2010)

The cast: Sylvester Stallone, Jason Statham, Jet Li, Steve Austin, Dolph Lundgren, Terry Crews, Mickey Rourke, Randy Couture, Bruce Willis

High power head count: Nine

Critical reaction: 41 per cent approval rating on RottenTomatoes.com

What made it great: The first *Expendables* film may not have found favour with critics, but box office numbers don't lie — audiences loved this over-the-top homage to the action films of the 1980s.

Opening box office take: \$34.8M

2 SCENE

On the web



Nicky Deuce, new Nickelodeon kids movie, mobbed up with four former stars of *The Sopranos*

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Prince Harry

The prince gets his party on, post Olympics

With the London Olympics behind him, Prince Harry headed back to Las Vegas this weekend for some fun and relaxation, according to People magazine. The royal bachelor was able to enjoy himself at the MGM Grand's poolside venue Wet Republic without drawing too much attention thanks to the presence of Jennifer Lopez, who was throwing a party a few bungalows away. He didn't go entirely unnoticed, of course. "A few groups of women approached him throughout

A royally good time

"He definitely loved the attention, but he looked to be a gentleman with all the women."

Source

the day and he talked to them briefly, but he didn't really center his attention on anyone," a source says. "He definitely loved the attention, but he looked to be a gentleman with all the women."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Nicki Minaj nabs a chair on American Idol

American Idol hasn't had any trouble replacing former judges Steven Tyler and Jennifer Lopez with high-profile stars.

A month after Mariah Carey signed on, it looks like fellow professional

diva Nicki Minaj will take a seat at the judges' table as well.

"I'm not sure the deal is completely done yet, but yes, she is definitely doing it," a show insider tells Us Weekly.

"A few more slight things to sign off on but it is happening."

Our hearts go out to the hair, makeup and pillow-fluffing crews at Idol during this difficult time.

Private aisle: Did Justin and Jessica have a secret ceremony?

Did Justin Timberlake and Jessica Biel pull a fast one on Hollywood and sneak off to tie the knot this past weekend? At least one gossip columnist says yes. Janet Charlton reports on her blog that the engaged stars were in Jackson Hole, Wyoming, this weekend —

the site of Timberlake's proposal to Biel last December — for a rehearsal dinner Friday night followed by the wedding itself Saturday at a private estate. Their quests were staying at the Four Seasons resort nearby, according to Charlton's source.



Twitter



@chriscolfer

Does anyone else imagine @DianeSawyer when they think of God? Maybe I just watch too much news.



@TheEllenShow

13 million followers! If 13 is a lucky number, 13 million must be really lucky. I'm gonna go buy some lotto tickets.



@SethMacFarlane

I fear no man or thing the way I fear a bee in my car.



@katyperry

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Good call



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How to detox the right way

Diet. This summer, health addicts raved about the benefits of detoxes. But is feeding your body nothing but blended fruit and vegetables really good for your health?

ROMINA MCGUINNESS
Metro World News

Unless you've been hiding out in McDonald's all summer, you'll have heard at least one of your friends mention how a juice detox helped them get the best body ever. Generally, people go on a detox because they want to lose weight, de-bloat or clear their skin. But they're missing the point, Dr. Frank Lipman, who advises Gwyneth Paltrow, tells Metro. "Your main motivation should be your health, not your weight." So is going on a detox ever a good idea? Yes, Lipman answers, as long as you're doing it right.

Why bother to try one?

"If you're going off the rails and have been eating too much crap and feel like you need to push the reset button, then a detox may be the right thing for you. But so many people do it wrong," says Lipman. "The benefits of a good detox include weight loss, higher energy levels, reduced bloating and puffiness, clearer skin, improved digestion and better sleep. It's an entry point into a healthy life."

What is it?

Going on a detox is about removing toxins from the body. Beyond that, it's about getting healthy.

According to Lipman, a truly effective detox is one where you supply your body with the specific ingredients needed to boost its own detoxification system. We have natural detox systems, such as the liver, but these tend to get overloaded by our modern diet and lifestyle. You need to support yourself with fresh nourishing food in order to replenish your system. The gut is a huge source of toxicity as it's full of bad bacteria, so a good detox should include plenty of fibre to help remove the bacteria as well as anti-microbial herbs to kill it.

How do you do that?

Process of elimination. A detox isn't just about removing toxicity but eliminating foods from your diet that cause sensitivities or inflammation such as sugar, gluten, dairy, soy, eggs, caffeine and alcohol says Lipman.

Once the detox is over, slowly introduce the foods back into your diet one at a time and see how your body reacts.

"If you don't have a negative reaction, such as severe stomach pain, nausea, headache or fatigue, then you can assume that it's not a problem for you to continue eating these foods."

You have to stick to a detox program for a minimum of 10 days, the length of time it takes for the body to get over food sensitivities and



Drink it up. THINKSTOCK

Quote



"Going on a detox is like going to a food rehab."

Dr. Frank Lipman
Author of *Revive: Stop Feeling Spent and Feel Great Again*

sugar cravings.

So is detoxing dangerous?

"No, it's good to remove the crap in your diet once in a while," confirms Lipman. But it can be a problem if it's not done properly. "Ninety per cent of people go on a detox to lose weight and look good.

But if they did do it in the mind set of getting healthy, they would get better results and still lose the weight."

Just reconsider juicing

The problem with a juice detox is that there is only so much time you can spend without solid food, says Lip-

man. Juicing for a couple of days is fine, but you're not really cleaning out your gut, which is what a detox is all about. You think you're getting skinny, but you're probably gaining weight.

"A juice detox is fine for resting the gut and not taking in gluten, dairy and refined sugar, but a lot of juice detoxes are full of fruit so full of sugar. Too many sugars and not enough nutrients could actually have an adverse effect, triggering weight gain rather than weight loss," Lipman warns. "If you're going to have a juice, make sure it's not 100 per cent fruit, but contains green leafy vegetables such as spinach or kale as well."

3
LIFE

On the Web



SuperAgers in 80s have brains similar to those 20, 30 years younger: study

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Best Health

Birth control grows up



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Still on the pill? There are many more choices available now for women, and in the current issue of Best Health magazine, writer Rhea Seymour checked it all out. Talk to your doctor about what's right for you.

If you're done having kids or positive you don't want them: Essure permanent birth control, a non-surgical procedure, is an alternative to tubal ligation ("having your tubes tied"). In the outpatient procedure, small inserts are placed in the fallopian tubes.

If you often forget to take the pill: Nuvaring is a flexible rubber ring you insert into your vagina once a month. It releases a continuous low dose of the hormones estrogen and progestin, which are absorbed by the body.

If you're looking for another pill alternative: The IUD (intrauterine device)

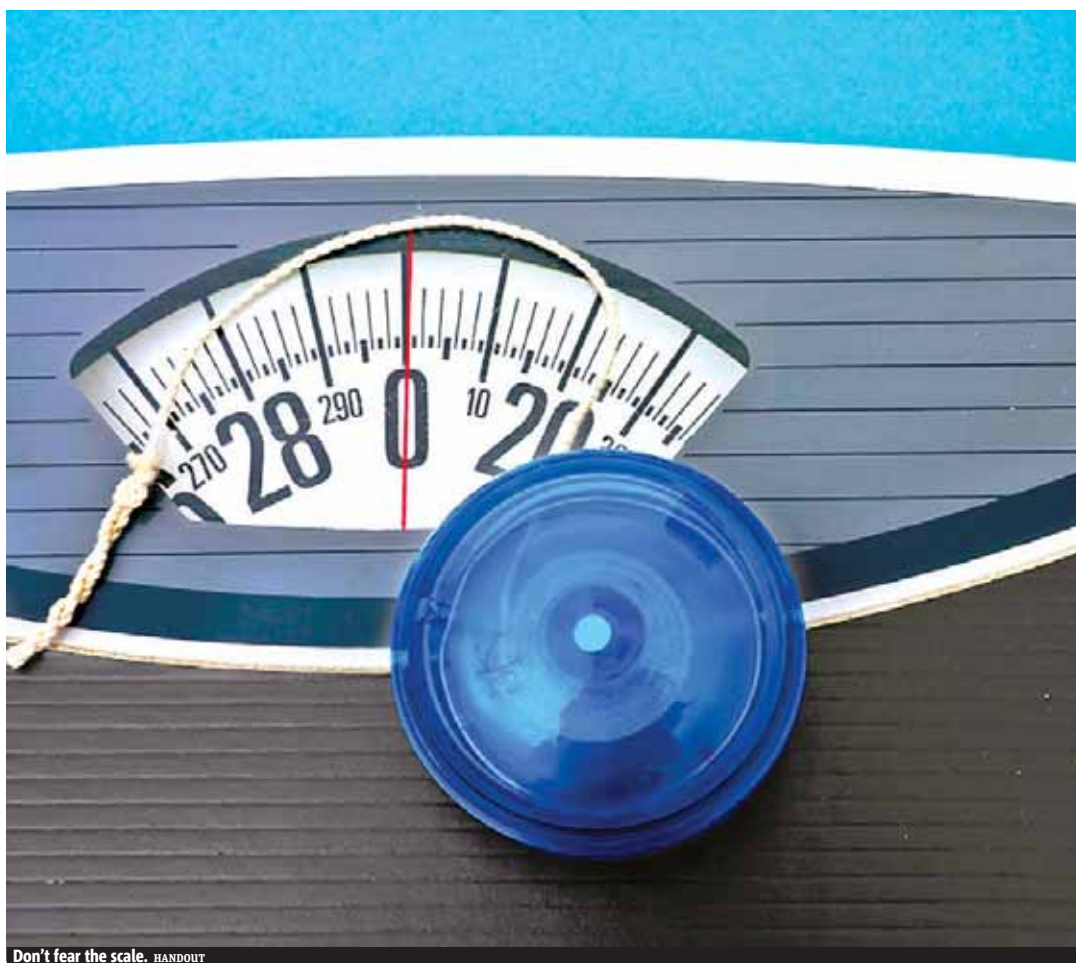


There are lots of options for birth control. ISTOCK PHOTOS

is regaining popularity, as there are better-designed new models than in the past. There is also the new IUS (intrauterine system) that works in a similar way. Your doctor inserts either the small flexible copper IUD or plastic IUS into the uterus. They don't need to be replaced for five years.

To find out about other new methods of birth control, and for more details on how each works, see the current issue of Best Health, and speak to your family doctor.

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Don't fear the scale. HANDOUT

Yo-yo dieters shouldn't give up

Healthy eating. New study finds that success rates aren't that different from those who diet and those who don't

CELIA MILNE
lmil@metronews.ca

Keep gaining your weight back? Now there's good news for yo-yo dieters.

A new study by experts at the Fred Hutchinson Cancer Research Center in Seattle has found that yo-yo dieting does not affect your metabolism or your ability to lose weight and keep it off.

Two thirds of the Canadian population is overweight or obese, and this is a risk factor for heart disease, diabetes, and some types of cancer.

In the Seattle study, 439 overweight, sedentary women were divided into four groups: one group dieted, one group exercised, a third group dieted

and exercised, and the fourth group carried on as usual.

Women were asked about their diet history, and 42 per cent of them were yo-yo dieters — having lost more than ten pounds at least three times.

After a year, women in the diet-only and diet plus exercise arms kept off an average of ten per cent of their weight.

Success rates were not significantly different between those who had yo-yo dieted and those who hadn't.

The study was published recently in the journal Metabolism.

Diets are a bad idea because they put our bodies into "survival mode," where we burn less fat.

Then, when we stop depriving ourselves, the original weight — and sometimes more — comes back, according to Dietitians of Canada. Instead, adopt a life-long attitude of eating healthy foods you enjoy (in smaller amounts) and exercising regularly.



MCKS- Superbrain Yoga

Superbrain Yoga is a valuable gift from Grand Master Choa Kok Sui. This is a simple yet effective technique to energize and recharge the brain. It is based on the principles of subtle energy and ear acupuncture. The exercise allows the body's energy centers to absorb, digest, and distribute prana to the different parts of the body.

This simple exercise offers benefits not just for children and students, but also for adults seeking brain wellness into their senior years. Patients with Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD), Down syndrome, and other developmental challenges and cognitive delays are also aided by this simple exercise.

Benefits of Superbrain Yoga include, but are not limited to:

- Energizing and activating the Brain to balance the organ
- Increasing inner peace
- Reducing psychological stress and providing greater psychological stability
- Greater intelligence and creativity
- Regulating sex drive
- Partial cleansing and energizing on chakras and auras
- Transforming of the lower energies into higher energies
- Increasing the flow of pranic energies within the body
- Spiritual growth

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Skip the pasta noodles and give lasagna potato power



This recipe serves eight to 10. NEWS CANADA

It tastes just like the Italian-style favourite, except this version replaces pasta with sliced Ontario Yukon Gold potatoes. It's a satisfying meal that's quick and easy for kids and parents to prepare.

The adults peel and slice potatoes. Older kids can par-cook potatoes in microwave and cook ground beef. All kids can layer ingredients in baking dish.

1. Preheat oven to 400 F (200 C).

2. In fry pan, cook beef on medium heat, breaking up pieces with back of wooden spoon or spatula. Stir in oregano, garlic. Remove from heat.

3. Place sliced potatoes in bottom of 2.5-quart (2.35 l) baking dish. Cover with plastic wrap. Heat on high 8 minutes or until potatoes in middle of dish are tender when pierced with a fork. Use oven mitts when removing cover.

4. Sprinkle flour on top of potatoes. In a bowl, mix cooked ground beef mix with tomato

sauce and spread over top.

5. In bowl, mix cottage cheese, egg and Parmesan cheese. Spread over tomato sauce layer. Sprinkle grated Cheddar cheeses over cottage cheese layer.

6. Bake uncovered 30 minutes, until cheese is lightly browned and sauce is bubbling at edges. Let stand 5 minutes. **NEWS CANADA**

Ingredients

- 1 lb (500 g) lean ground beef
- 1 tsp (5 ml) dried oregano
- 1/2 tsp (3 ml) chopped garlic
- 2 lb (1 kg) Ontario Yukon Gold potatoes, peeled and thinly sliced
- 1 tbsp (15 ml) all-purpose flour
- 1 1/2 cups (375 ml) tomato sauce
- 1 1/2 cups (375 ml) cottage cheese
- 1 egg
- 1/3 cup (75 ml) grated Parmesan or Romano cheese
- 1 cup (4 oz /100 g) grated Cheddar and mozzarella cheeses

Health Solutions

Condiment conundrum



NUTRI-BITES
Theresa Albert, DHM, RNCPT
myfriendinfood.com

Everyone likes a burger on a hot summer day!

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Be careful what you top your babies with, and be able to enjoy them more often (and for longer).

Don't

• 1 oz grated cheddar cheese adds 119 calories and 9 grams of fat

• 1 tbsp mayonnaise adds 60 to 80 calories and 8 to 12 grams of fat

• Lick's Guck or "special" sauce adds 50 calories and 6 grams of fat

Do

• Mustard adds zero calories, no

fat

• Dill pickle adds zero calories and no fat

• Dill pickle relish adds zero to five calories and no fat

• Tomatoes, lettuce, onions and peppers are free and unlimited

Just so you know...

• 1 tbsp ketchup is 20 calories (and one whole teaspoon of sugar)

• 1 tbsp barbecue sauce is 30 calories (and one whole teaspoon of sugar)

Choose wisely. Your abs are watching you.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



There's hope for the dumped

Feedback. Website offers unique method for people to get constructive criticism from their exes

HEIDI PATALANO
Metro New York

For the long list of ways a person can be dumped, unfortunately most often, no actual breakup happens at all. Ending a relationship with unreturned phone calls or unanswered texts is sadly the norm.

Audrey Melnik, CEO of

WotWentWrong.com, has had enough of that. Fed up with the anguish she and her friends experienced when they were kicked to the curb with no explanation, she was determined to find a productive and socially acceptable method of getting feedback from those who had ended things.

The result is a website that helps the dumped compose what Melnik describes as a "nonchalant, not clingy" email that politely asks the one who did the dumping for full disclosure.

"The tone that I wanted to set pretty much throughout all of it is: 'I'm not trying to get back together with you; I just want to know so I can



WotWentWrong.com is hoping to help people like this guy understand why their exes aren't having it anymore. ISTOCK

not make that mistake in the future and improve the next time," Melnik explains.

Users can select from a number of tones — from flip-pant to flattering, philosoph-

ical to sincere — from which to compose their email to the ex-mate from whom they are seeking an answer. The site provides text like, "Going out with you was fun for me, and I believed for a while that it was also fun for you. Since I haven't heard from you for a while, I'm assuming things have changed. It would really be great if you could give me some feedback on what went wrong."

Customize the message however you see fit, and it gets sent off to the object of your unrequited affection.

Melnik so far has been pleased with the results. Not only has the site helped many daters learn more about their own annoying dating habits,

but the anonymously aggregated data that results from using the site has provided some fascinating statistics that will help anyone learn more about modern dating behaviour (see factbox).

"I think one of the key things that we're discovering is that there are two different facets: either there are certain things that you can learn that you are doing that you can change or there are certain things about you or your lifestyle that aren't things you can change, so it just means you should stop worrying about it," Melnik says. "Sometimes it's just about finding out that it's not about you, and that can make you feel better."

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AHEAD OF THE CURVE



ISTOCKPHOTO/THINKSTOCK

USE LAST WEEKS OF SUMMER TO START PREPARING FOR THE UPCOMING SCHOOL YEAR

The dog days of summer may not inspire thoughts of returning to university or college, but a lack of preparation now might come back to bite you.

Deborah Rowan-Legg, vice-president of student services at Algonquin College, says getting a head start in the last weeks of summer can help students thrive when the year begins.

“The more a student can anticipate and be organized as the term begins, the less likely they are to fall behind or have any anxiety,” she says.

She suggests logging into your student account to look at your upcoming timetable. It’s usually released a month before classes start and tells you where and when the classes are and what books you will need. Start reading — it will make learning easier once classes begin.

If you are worried about a particular course, contact student services about your concerns and book a peer tutor ahead of time.

If you will have a job this term, you can gauge your scholastic workload now and figure out how much time that leaves for work. If you are going back to a job,



ISTOCKPHOTO/THINKSTOCK

touch base with your supervisor today to have the best chance at getting shifts that work around your classes.

“If the student has applied for finan-

cial assistance, ensure their application is complete and they’re receiving the assistance for which they qualify, so there won’t be any delay,” Rowan-Legg adds.

“It’s a precautionary step.”

Lorna Millard, an academic adviser at Vancouver Island University, says a major mental shift for students straight out of high school is that they are now treated as adults, not children or young adults.

“It’s a big transition,” she says. “The onus is on the student. The institution will provide all kinds of support, but we don’t ram it down their throats.”

She advises you to double-check that you are registered for all of your courses, that there haven’t been changes that create a conflict, that you meet the prerequisites, and that the school has your transcripts. Failing to do so could see you deregistered.

Millard notes many post-secondary institutions communicate via paper mail. If you have moved, let them know. If you use your parents’ address, ensure your parents tell you about any letters. And read the whole thing, Millard says. Crucial information may be tucked away on page 2.

She says time spent preparing over the summer will be time saved in the fall.

— Jon Tattrie

OVERCOMING CHALLENGES

WITH GROWTH 4 U PROGRAM AT MCBRIDE

Changing lives and removing the stigma surrounding mental illness is the goal of the Growth 4 U program through McBride Career Group.

By working with clients with mental illness, McBride is able to help these individuals overcome these challenges and aid in placing them into meaningful employment.

“We have had some very challenging clients that weren’t successful in other programs. They really flourished in Growth 4 U and are now working in meaningful jobs,” says Glenda Keating, program manager, Growth 4 U program.

“Employers have been very receptive to providing work experience to people with mental illness and are finding that they have excellent work ethics.”

Growth 4 U is a new supported em-

CONTINUOUS INTAKE

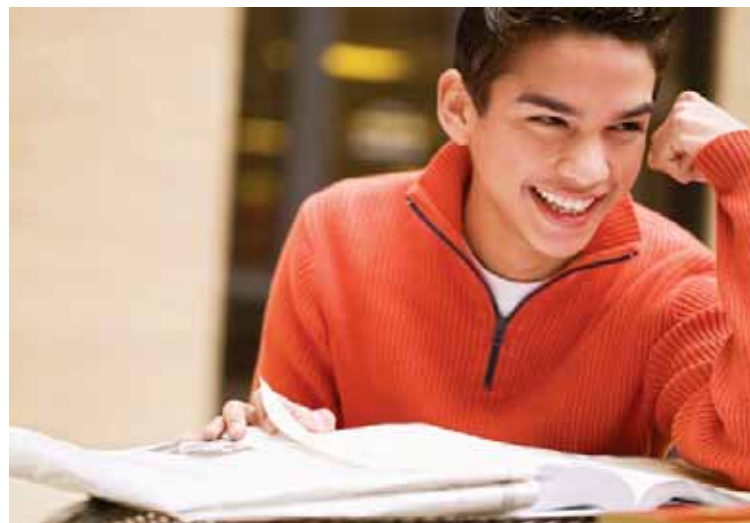
Intake for Growth 4 U is continuous. McBride Career Group works with Albertans to provide services in career consulting, employment support, occupational training and professional development.

There are three focal points to their service provision: Unemployed Albertans; career changers; and Alberta employers.

For more about its programs, visit mcbridecareergroup.com.

ployment program for individuals with a mental illness.

First, clients must complete a Return



CREATAS IMAGES/THINKSTOCK

to Work Action Plan with the job coach and then attend workshops for up to seven weeks. Workshops include: life skills; job search skills; mental health impacts; and career planning. Then they complete an eight-week paid work experience placement.

All workshops are conducted by a certified life skills/career development coach and the program runs on a small group setting, one-to-one support, and ongoing support to find employment if not hired by the placement company.

“Employers are recognizing that people with mental illness can be valu-

able members of a work team,” says Janet Nicholson, job coach and facilitator with the Growth 4 U program.

The Growth 4 U program has seen a lot of success in placing clients in jobs where both the clients and employers find the fit right for them.

As clients are hired on skill and ability, Keating says employers are just looking to hire good workers, like the client who was hired on at a northeast nursing home.

For more information about the Growth 4 U program or to set up an initial informational interview, contact Glenda Keating at 403-296-8680.

THINKING ABOUT RETURNING TO SCHOOL, BUT NOT SURE WHERE TO BEGIN?



UNIVERSITY OF
CALGARY
CONTINUING
EDUCATION

Continuing Education Information Sessions are a great way to get started.

Drop in to a brief presentation about the Continuing Education experience. If you have questions, student advisors will be available for a one-on-one consultation about the course or certificate program that’s right for you.

DOWNTOWN CAMPUS
906 8th Avenue SW

Wednesday, September 5, 2012

Event Centre

Presentation Times: 11:15 am, 12:00 pm, 12:45 pm, 1:30 pm

MAIN CAMPUS
2500 University Drive NW

Thursday, September 6, 2012

Rozsa Centre, Husky Great Hall

Presentation Times: 5:30 pm, 6:15 pm, 7:00 pm



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mtroyal.ca/conted

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WIN AN iPad!





Jeff Nelson

SAIT PHOTO

RESULTS ARE IMMEDIATE

WITH SAIT'S DIGITAL MARKETING COMMUNICATIONS CERTIFICATE

At SAIT, old meets new in the world of marketing.

By taking the fundamentals of marketing and applying them to the new digital world, students of the digital marketing communications certificate will learn how to use both old and new marketing tools.

"The objective of the certificate is to help students get a solid grasp of the strategies, tools and process that are available and used for marketing companies and products in an evolving digital world," says Jeff Nelson, instructor of the digital marketing communications certificate and

president of Anduro Marketing.

"The students learn old school marketing, product, price, place and promotion, but using newer tools and process that have been developed in a digital age."

The topics that are covered include online research, search engine optimization,

online advertising, public relations, social media marketing, and mobile marketing.

Within hours of their first class, students will be able to put what they have learned into practice.

"The curriculum, the classroom, the instructors, and the students are all aligned to help students learn quickly and be able to add value to business situations as soon as the course is completed. Results are immediate," says Nelson.

For former student Kimberly Findlay, current marketing co-ordinator for Sabal Homes, she was able to put what she learned into practice right away and bring her employers into the new world of digital marketing.

"The instructor used real-life examples and showed how all concepts could be applied to the real world," says Findlay.

"I found I was able to take what I learned in the classroom and apply it directly to my work."

Findlay did not choose to complete the entire certificate, but had the freedom to take only the classes that were relevant to what she was doing at work, including online risk management and social media strategies.

For more information about the digital marketing communications certificate, call 403-210-4340 or email bus.continuing.ed@sait.ca.

To view a full list of the courses and their descriptions, visit sait.ca.



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ABC'S OF EDITING

MOUNT ROYAL UNIVERSITY PHOTO

MOUNT ROYAL WILL BE OFFERING A NEW CERTIFICATE THIS FALL

If you have a way with words, perfect those skills at Mount Royal.

New this fall, the Faculty of Continuing Education at MRU is offering a four-course certificate in professional editing, called the professional editing extension certificate.

"Students will acquire an understanding

of the skills, standards, and tools of professional editors," says Margaret Chandler, owner of Green Fuse Communications, and developer of the professional editing extension certificate. "Editors are critical to strong, effective communication, and many companies realize that."

Throughout the duration of the course,

students will learn the fundamentals of proofreading, copy editing, and comprehensive editing (style, structure, and visual design).

They will also know how to evaluate and revise documents for accuracy, consistency, correctness, completeness, style, structure, visual design, and readability.

In the final course, students will complete a major project that will demonstrate their ability to successfully perform a comprehensive edit of a document and to work co-operatively with others on the writing team.

"There are no other programs like this in the city," says Chandler.

"Graduates will have the skills to confidently edit, either as part of their job description or as a freelance editor."

Once students have completed the certificate, they will be able to apply standard editorial skills, key competencies, and appropriate editorial approaches to a wide range of documents in the workplace.

Chandler has worked as a magazine editor for five years and has also worked as a freelance editor and writer on a range of projects for the last 10 years.

The certificate is delivered over four courses totalling 86 hours, and can be completed over two semesters.

The first year is delivered in the classroom only.

To get more information about this exciting new certificate, attend the professional editing information night.

The session is free on Sept. 19, from 6-7 p.m. at the Lincoln Park Campus.

Register online to attend.

For more information about the professional editing extension certificate, visit conted.mtroyal.ca/editing.

DESIGNED FOR BUSY PEOPLE

Mount Royal University has offered career-focused continuing education in Calgary for more than 60 years.

It is one of the largest providers of lifelong learning in Canada, serving more than 40,000 learners every year.

There are 1,500-plus industry-recognized courses in management, oil and gas, health and community development, computers and arts, including 45 professional certificates.

Mount Royal's courses help people upgrade their skills for their workplace or personal lives.

The courses are designed for busy people — many are online or are scheduled on evenings and weekends.

There is a corporate training department that provides customized training for business clients, as well as an events and conference services department that hosts conferences, trade shows and other special events.

The transitional vocational program prepares adults with developmental disabilities for employment.

MRU Kids offers a variety of summer programs for children and youth aged five to 17.

Visit mtroyal.ca/conted for more information.

TAKE A LOOK AT YOUR OVERALL WELLNESS

If helping others and staying healthy is a passion you possess, then the new integrative health coaching program at Mount Royal University is for you.

As one of the many new course offerings through the Faculty of Continuing Education and Extension, this new program is designed to inspire students to take a closer look at their overall wellness.

"Integrative health coaching is partnering with clients in a thought-provoking and creative process that inspires them to maximize their wellness potential," says Elaine Danelesko, director, integrative health institute, Mount Royal University.

This program was developed and will be taught by active professional coaches and integrative health experts and embraces integrative health philosophy and the core competencies, code of ethics and standards developed by the International Coach Federation, the most recognized coaching organization globally.

The program consists of eight courses, delivered in a blended format, allowing students the flexibility to complete the program within one year.

"Students will explore contemporary coaching theory practices, integrative health philosophy, aspects of health behaviour psychology and change theory," says Danelesko.



MOUNT ROYAL UNIVERSITY PHOTO

"The learning experience will be very interactive with multiple opportunities to practise coaching skills with skillful supervision and mentorship of professional coaches."

Once students have completed the program, they will be prepared to work with clients to lead them to a healthier lifestyle, through integrative health philosophy and strength-based coaching and communication techniques.

Each course of the certificate will cover a new aspect of health coaching, from relationship coaching, strategic communications, integrative healing prac-

tices, and even the business of integrative health coaching.

The biggest benefit is to be part of a unique program that advances an exciting emerging profession, according to Danelesko.

Graduates of this program can go on to work with corporate organizations, entrepreneurial practice, commercial and private wellness centres, chronic disease and health organizations, hospitals, clinics, recreation centres, fitness facilities, and spas.

For more information, visit conted.mtroyal.ca/healthcoach.



COLUMBIA COLLEGE PHOTO

STUDENTS ACHIEVE GOALS AT COLUMBIA

Developmental disabilities do not have to stop anyone from seeking employment and community access services.

Columbia College works with adults with these challenges through the community supports services department to do just that.

"Often lonely and isolated prior to being engaged in our services, each student is assisted by our staff to achieve their own unique goals leading to employment, volunteer, recreation and/or leisure opportunities," says Bruce Skorobohach, director, community support services department at

Columbia College.

"Over the past 25 years, we have assisted hundreds of individuals to be included as valued, contributing members of the Calgary community."

Funded through the government of Alberta, eligible students are referred to Columbia by the Calgary Region Community Board, Persons with Developmental Disabilities.

"For each referral our intake staff further evaluates our capacity to provide the student with a sufficient level of support," says Skorobohach.

Students may enter the service at any point throughout the year.

Depending on the goals of the students, they may engage in classroom and work experience-based opportunities leading to competitive employment in their field of interest, according to Skorobohach.

Alternately, students may volunteer and/or be engaged in recreation and leisure opportunities and in doing so be included as valued citizens in the community.

For more on the community supports services department at Columbia College, visit columbia.ab.ca.

BREDIN OFFERS INNOVATIVE, FLEXIBLE PROGRAMS

With a finger on the pulse of the current labour market, Bredin Institute is offering students the programs they are looking for in today's hottest industries.

By offering licensed certificates in the health-care field, occupational training, international credential bridging and literacy programming, Bredin Institute has a number of programs to meet the needs of students.

"Bredin Institute offers employment assistance, training and career planning programs to youth, adults and newcomers

to Canada," says Silvana Arezo, program assistant at Bredin Institute.

"(Bredin) is dedicated to successful employment training and development by providing innovative, flexible programs by treating people with dignity and respect, and by responding to the economic needs of the individual and the community."

Whether you are looking to get into the oil and gas industry or if health care is your field of interest, Bredin offers five government-funded programs in a variety

of fields.

These include: Bredin WorkSkills program; international pharmacy bridging program; Immigrant WorkSkills, LINC 6+; and building information modelling (BIM) for internationally trained engineers and architects.

Bredin is a non-profit organization founded in 1976 and is conveniently located in downtown Calgary.

Bredin holds orientation sessions every Monday and Wednesday. For more about Bredin Institute, visit bredin.ab.ca.



BREDIN INSTITUTE PHOTO

HEALTH CARE AIDE CERTIFICATE

When her grandmother was hospitalized, Atagan saw first-hand how the gentle touch of a health care aide made such a difference. Atagan had always liked the idea of working in a helping profession but now she knew it was time to get more serious...and get a career.

Atagan wants to get MORE hands-on

Atagan knows that if you want to be the best, you train with the best. She found out that Bow Valley College, along with offering more than 50 career programs, is a leader in Health Care Aide education. She also found out that she can earn up to \$18 an hour. At BVC she can take the program on a full-time in class basis or part-time in an online and classroom blend. She applied online and is now on her way. She'll even do her practicum at a local healthcare facility. Atagan knows with the right training and attitude, she'll succeed in her career and offer more hands-on care to those who need it most.



FIND OUT MORE
bowvalleycollege.ca/more
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LEARN MORE. EARN MORE. DO MORE.

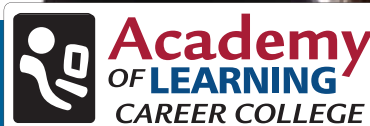
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OVERCOME TAX FEAR WITH H&R BLOCK

Many people fear what they don't know, and for some, taxes is one of those things.

Fear not — with the H&R Block Tax Training School you will not only learn to tackle taxes, but you could also turn your knowledge into extra income.

"The introductory course is open to anyone who wants to learn more about taxes," says Cleo Hamel, senior tax analyst with H&R Block.

"Students range from stay-at-home moms who want a flexible work schedule to university students looking to gain more experience to seniors looking to keep busy during retirement."

Students of the tax training school will learn how to prepare a basic tax return, the credits and benefits available to taxpayers and how to work with the Canada Revenue Agency.

It is meant to provide the foundation, and then students can build on their expertise into areas like real estate rentals, self-employment income, and capital gains.



H&R BLOCK PHOTO

After completing the first level of training, graduates may have an opportunity to work for H&R Block during tax season.

"This is an excellent opportunity to earn extra income on the short term. For some, they could stay on and this could be more permanent," says Hamel.

Tax training school consists of about 70 hours of class time.

For more, see hrblock.ca.



CREATAS IMAGES/THINKSTOCK

A BETTER FUTURE WITH ABM

As one of the fastest growing industries in Alberta, health care continues to be a popular choice among students in Calgary. At ABM College, students can study to become a health care aide to help create a better future for Albertans.

"Although the economy faces many changes, investments into the health-care industry will continue to grow exponentially, resulting in growth in job opportunities," says Dr. Mohammed Baten, president and CEO of ABM College.

The health care aide program at ABM College offers classroom instructions along with extensive hands-on experience in the lab and "on-the-job" training (practicum) to students in well-known established health-care facilities in Calgary.

This program provides necessary theoretical and practical knowledge to

students to independently undertake tasks expected of a health care aide (HCA) in Alberta.

The college closely follows the curriculum prescribed by the Ministry of Health and Wellness of the government of Alberta.

Students can choose to study either full or part time, depending on the students' scheduling needs.

According to Baten, ABM College is the fastest growing private college in Calgary, offering a wide variety of different subject areas to meet the needs of the city's students.

Besides health care aide, ABM also offers medical office assistant, massage therapy, accounting and payroll administration, and business administration courses.

For more about the health care aide program or other programs available at ABM College, visit abmcollege.com.

OPEN THE DOOR TO A CAREER IN BUSINESS

PART-TIME AND ONLINE BUSINESS PROGRAMS

To get started in a successful business career, you need the right education and training. At SAIT Polytechnic, you'll learn from industry-experienced instructors as you develop the key business skills that employers are looking for – and open the door to exciting career possibilities.

Some of our programs include:

- Accelerated Accounting Certificate of Achievement
- Financial Services Certificate of Achievement
- General Business Administration Certificate of Achievement
- Management Certificate of Achievement
- Marketing Certificate of Achievement

To learn more, join us at our FREE Info Night on Tuesday, August 28 from 5 pm to 8 pm in the Stan Grad Centre (formerly Heart Building) Atrium on SAIT Polytechnic's Main Campus.

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EMAIL: BUS.CONTINUING.ED@SAIT.CA

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CONTINUING EDUCATION

**FURTHER
YOUR
PASSION**



LEARN MORE, EARN MORE, DO MORE WITH BOW VALLEY

The demand for health care aides in Alberta has never been greater. That's why Bow Valley College is currently offering four start dates for the full-time certificate program over the next year: Aug. 27, Oct. 15, Jan. 7, 2013, and May 6, 2013.

The time is now if you are looking for a rewarding entry into the world of health care. The highly-respected full-time health care aide certificate program can be completed in just four months.

Bow Valley College is a leader in health care aide education and provides a program that is both reputable and financially accessible. Hands-on training in state-of-the-art learning labs and diverse clinical experiences ensure that graduates are bedside ready.

After completing the Alberta Enterprise and Advanced Education curriculum, graduates will be prepared to assist patients with personal care, medication delivery, and mobility needs.

Health care aides may go on to pursue



BOW VALLEY COLLEGE PHOTO

careers as recreation therapy aides, or use the experience as a foundation for exciting practical nurse career paths.

Since 1965, Bow Valley College has helped change the lives of approximately 300,000 students by opening the doors to higher education and rewarding careers both in Calgary and in rural locations across southern Alberta.

To find out more about the health care aide certificate program, visit bowvalleycollege.ca/hca, phone 403-410-1402, or visit the BVC Prospective Student Centre.

SUCCESS IS CLOSER THAN YOU THINK AT ACADEMY OF LEARNING

Start your career training now, and start your career in less than a year.

"A student who walked in our door today could get a student loan processed and be started in about a month, and complete their training by the time other colleges were just starting their second year in programs," says Brady Sylvester, admissions adviser at Academy of Learning. "All our programs are less than a year in length."

With a number of exciting courses to choose from, Academy of Learning is a business and career college that offers diplomas in a number of fields in less than a year and out into the workforce faster than students studying at other institutions.

"Our most recent annual report shows that of all the graduates, from



GOODSHOOT/THINKSTOCK

all the programs in our seven campuses in Edmonton, Calgary, Red Deer and Medicine Hat, we had a 97 per cent employment rate in the fields they trained for," says Sylvester.

Academy of Learning offers career training in the main areas of health care, office administration, accounting, IT, and web design.

Through its Integrated Learning System, Academy of Learning is able to allow students to set their own schedules, start whenever is right for them, and still have the one-on-one support they need, as soon as they need it.

With enrolment every week, there is no need to worry about wait lists or waiting for the next semester at Academy of Learning.

For more about Academy of Learning, visit academyoflearning.ab.ca.

Get a good job and keep it!

BREDIN IS RECRUITING STUDENTS FOR 3 NEW PROGRAMS:

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H&R Block knows taxes and how to teach them. Our instructors are experienced and expertly trained H&R Block personnel who make each session an exciting experience, including discussion sessions, reference materials and instructions using regulation forms and schedules.

Successful students receive an H&R Block certificate of accomplishment and the opportunity to interview for employment with H&R Block.

Curriculum - During the 13-week course, students study the basics of income tax preparation including current laws, theory and application.

Classes begin mid-September. You may choose between morning, afternoon and evening sessions. Applicants need only be willing to learn about taxes.

The tuition cost covers the complete course, including textbooks, all materials, reference guides and registration.

Full details are as close as your phone. Call today for complete details on class locations, starting dates, tuition, etc. It's time to finally find that work/life balance.

Tax Training School begins mid-September.

Register online at
hrblock.ca
or call 1-877-32BLOCK
(322-5625) for details.

Enrolment restrictions may apply. Enrolment in, or completion of, the H&R Block Tax Training School is neither an offer nor guarantee of employment. This course is not intended for, nor open to any person who are either currently employed by or seeking employment with any professional tax preparation company or organization other than H&R Block.



H&R BLOCK®

DROP IN TO LEARN MORE ABOUT U OF C

INFO SESSIONS GEARED TOWARD CONTINUING ED

Going back to school as an adult learner can be daunting.

To help aspiring students find the right program and ease their worries, University of Calgary continuing education is hosting two drop-in information sessions at the main and downtown campuses in early September.

"We know that taking the first step towards continuing education is often the hardest step of all," says Judith Russell, continuing education registrar.

"The U of C has been providing continuing education for more than 40 years, so we're very familiar with what adult students are looking for in a program and what their initial concerns might be."

Continuing education's drop-in information sessions are intended as an easy way for new students to learn about certificates that can be earned through part-time studies in daytime, evening, weekend, and online classes.

The first session will be held Sept. 5 at the Event Centre on the main level of the University of Calgary downtown campus at 906 8th Ave. SW. A short presentation will be held at 11:15 a.m., and repeated at noon, 12:45 p.m., and 1:30 p.m. Student advisers will

be on hand throughout the sessions for one-on-one consultations.

Similarly, another session will be held Sept. 6 at the Husky Great Hall in the Rosza Centre on the main campus in northwest Calgary, with the first presentation starting at 5:30 p.m. Subsequent sessions are

at 6:15 p.m. and 7 p.m. Student advisers will be on hand for one-on-one consultations.

Continuing education students come from a wide range of educational and career backgrounds. Usually, they are seeking programs to boost their career potential or help them make a transition to a completely new field.

Whatever their goals, adults returning to school tend to share many of the same concerns, such as: Is there a program that can meet my needs? Will I fit in? What will the time demands be like? Can I take courses and still have room for my family? How long will I have to complete my program? What if I have to take a business trip and miss a class or two? What is online learning? Are continuing education courses tax deductible? My employer says he will pay tuition for some of my courses, how do I arrange that?

In addition to learning general information about the continuing education experience, students interested in specific programs will be able to sit down and chat with program information specialists.

To learn more about continuing education programs, go to conted.ucalgary.ca.



ARE YOU A PERSON WITH A MENTAL ILLNESS? WOULD YOU LIKE TO RE-ENTER THE WORKFORCE?



CALL MCBRIDE CAREER GROUP'S GROWTH 4 U PROGRAM!

ELIGIBILITY

- Any age, diagnosed or undiagnosed with mental illness
- Ready, willing and able to enter the workforce
- Willing to commit to attending workshops Mon. to Thurs. from 9:30 am to noon
- Have not collected EI in the past 3 years
- Receiving AISH, CPP or Income support
- Have a support system in place

THE PROGRAM

After completing a return to Work Action Plan, clients attend workshops for up to 7 weeks.

THESE INCLUDE:

- Mental health impacts (common mental illnesses, disclosure on the job, impacts of mental illness on the job)
- Life skills (communicating with co-workers and

supervisors, employer expectations, problem solving and ethics, conflict, feelings and feedback)

- Career planning (self-discovery activities and research into occupations that will provide a good job match)
- Job search (transferable skills, networking, where to look for work, interview skills)

We then help clients find an eight week work experience placement in their interest area.

BENEFITS TO YOU

- Small groups or individual workshops which can be designed to meet your specific needs
- One to one support from program staff while in job placement
- Ongoing support to find employment if not hired by work experience host

HOW TO APPLY

- ✓ Referrals are not required
- ✓ Call to set up an initial interview
- ✓ Attend an assessment
- ✓ Continuous intake



Sometimes even the bank screws up too

Alison's money rule. Follow these four tips to help you deal with those big bank errors



YOUR MONEY
Alison Griffiths
money@metronews.ca

My sister would rather keep her money in a sock than deal with the big banks. Her feelings were confirmed after a recent error was made transferring funds from her old Scotiabank branch to a new one. The result was a number of bounced cheques and considerable embarrassment.

Not expecting any mea culpas, she complained to a teller who ushered her into an account manager's office. Not only did the woman apologize but she offered my sister six months of zero fees on her account.

Boldly, dear Sis said that wouldn't quite cover the NSF fees but the woman could not

authorize any more largesse. Enter the branch manager who proclaimed, "let's just do away with your fees permanently."

You can't always get what you want when a bank screws up, but follow these tips to give you the best chance to notice errors and get compensation.

1. Pay attention

There's no way to catch a mistake if you're not checking your account statements and ATM transactions regularly. Be particularly vigilant about transfers, automatic deposits and debits and Internet banking.

2. Marshall your facts

Don't bother starting the complaint process until all facts and documents are at hand. Detail everything you can recall including the dates and confirmation numbers if appropriate.

3. Be prepared to go up the ladder

All bank employees, including branch managers, have limits to what they can authorize. To get more you will have to

In numbers

864M

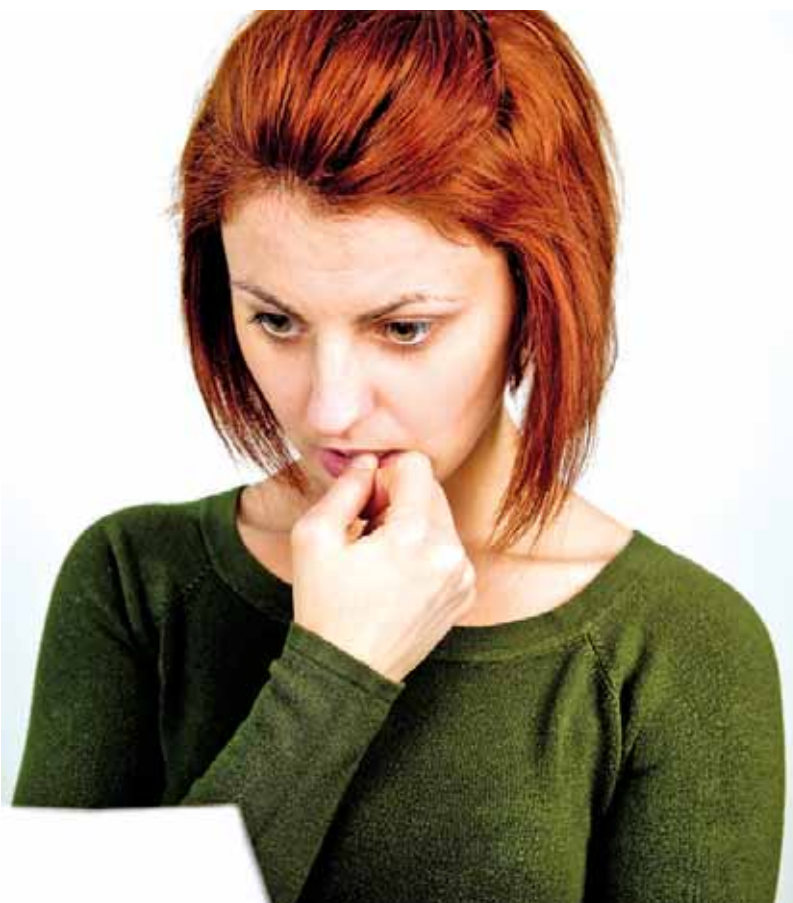
Canadians made 864 million transactions at bank-owned ATMs in 2011.

go higher. Asking for the vice president in charge of consumer services at head office if luck runs out at the branch level. Otherwise you can file a complaint with the Ombudsman for Banking Services and Investments (obsi.ca) For TD and RBC complaints go to ADR Chambers (bankingombudsca.)

4. Hold your temper

Anger and abuse toward employees may make you feel better temporarily but it gives the bank an acceptable reason to stop dealing with you. Be firm, be reasonable then shout up a storm in private.

With billions of bank transactions in Canada annually, mistakes will happen. Do complain even about small mistakes. You could be surprised by the result.



Pay attention! If you don't check your account statements for accuracy, you might miss a bank error. ISTOCK IMAGES

Designer backpacks don't get an A+



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Parents across Canada are bracing themselves for hefty back-to-school expenses; totaling up to a whopping \$600 per family. If you throw school fees, tuition, computers and other electronics into the mix, the amount can be much greater.

Avoid spending bucket

loads of money on school supplies, clothing, and backpacks and use your savings towards your child's RESP, a family trip or other memorable experience.

Before you head to the store, take an inventory of last year's leftover supplies.

If the stash of pens, paper, rulers, and calculators are in descent shape, don't replace them. That's a waste of money and bad for the environment.

Cross-reference your child's

school supply checklist with the items you still need and prepare a budget in consultation with your child.

This activity allows Junior to learn how a budget is created and hopefully he/she will develop a better appreciation for Mom and/or Dad's limited resources.

When shopping use coupons for EVERYTHING and try to spread out your purchases so there is less pressure on your cash flow. Steer clear of

specialty brands.

Though they may not showcase holographic images of Disney's BRAVE, basic supplies can be 'personalized' with inexpensive stickers and designs.

Online shopping can produce further savings because retailers don't have as much overhead costs thus they can pass the savings along to customers.

If you cross the border for travel, buy in bulk from discount retailers or outlet stores.

When I was school-aged, both my parents were upgrading their post-secondary education. For nearly a decade, because of vast tuition expenses and lack of full-time income, our family lived an ultra-frugal lifestyle.

When September rolled around, my brother, sister and I relied on freebies, hand-me-downs, libraries and thrift shops for nearly all our school supplies, books and clothing.

When it comes to clothing,

don't be afraid to draw a firm line between fashion and function. If your child wants the latest TOMs shoes, have them pitch in their own money for it.

Another way to manage a child's expectations is to explain budget trade offs; if they want a higher priced backpack, it will be at the expense of a cheaper, and less 'cool' binder.

Whatever you buy, ensure it's high quality so that you won't have to replace it prematurely.

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Swing away! Augusta changes stance on female membership

Golf. After 80 years, historic Masters course will finally have women in green jackets

For the first time in its 80-year history, Augusta National Golf Club has female members.

The home of the Masters, under increasing criticism the last decade because of its all-male membership, invited former U.S. secretary of state Condoleezza Rice and South Carolina financier Darla Moore to become the first women in green jackets when the club opens its season in October.

Both women accepted.

"This is a joyous occasion," Augusta National chairman Billy Payne said Monday.

The move likely ends a debate that intensified in 2002 when Martha Burk of the National Council of Women's Organizations urged the club to include women among its members. Former club chairman Hootie Johnson stood his ground, even at the cost of losing Masters television sponsors for two years, when he famously said Augusta National might one day have a woman in a green jacket, "but not at the point of a bayonet."

The comment took on a life

Road to acceptance

A person with knowledge of club operations said Condoleezza Rice and Darla Moore first were considered as members five years ago.

- That would be four years after the 2003 Masters, when Martha Burk's protest down the street from the club attracted only about 30 supporters, and one year after Billy Payne became chairman.

of its own, becoming either a slogan of the club's resolve not to give in to public pressure or a sign of its sexism.

"Oh my God. We won," Burk said. "It's about 10 years too late for the boys to come into the 20th century, never mind the 21st century. But it's a milestone for women in business."

Payne, who took over as chairman in 2006 when Johnson retired, said that Rice and Moore were not treated differently from other new members. Even so, he took the rare step of announcing two of the latest members to join because of the historical significance.

Rice, 57, was the national security adviser under George W. Bush and became secretary

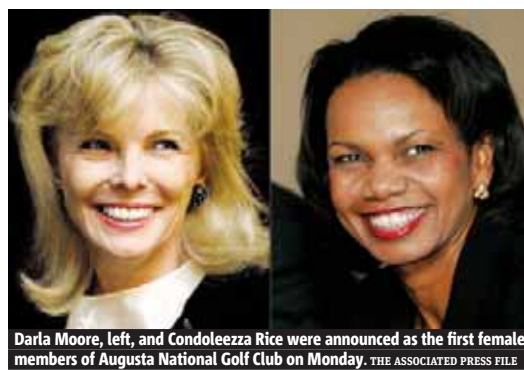


A view of the 15th green during this year's Masters tournament at Augusta. SCOTT HALLERAN/GETTY IMAGES FILE

of state in his second term. The first black woman to be a Stanford provost in 1993, she now is a professor of political economy at Stanford's Graduate School of Business.

"I have visited Augusta National on several occasions and look forward to playing golf, renewing friendships and forming new ones through this very special opportunity," Rice said in a statement released by the club. "I have long admired the important role Augusta National has played in the traditions and history of golf."

THE ASSOCIATED PRESS



Darla Moore, left, and Condoleezza Rice were announced as the first female members of Augusta National Golf Club on Monday. THE ASSOCIATED PRESS FILE

Does NHL solution lie in revenue sharing?

An Ottawa-based economic think-tank has a solution to the NHL's labour headaches that fans of small-market teams will love, but owners of the league's cash cows will probably loathe — competitive balance through extensive revenue sharing.

With the league's collective bargaining agreement set to expire Sept. 15, owners have proposed a new deal that includes trimming the players' share of revenue from 57 per cent to 46 per cent.

While that approach might ensure even money-losing fran-

Quoted

"(NFL revenues) are pretty simple to share 32 ways. You carve it up and it's a nice boost to your profits. But (it's more difficult) if you're taking the money out of someone's profits."

Glen Hodgson of the Conference Board of Canada. Hodgson says the NHL's wealthier teams need to determine which is more costly: Losing an entire season's profits every few years to a strike or lockout, or losing a fat fraction of their income every year to maintain labour peace.

chises would break even, Glen Hodgson of the Conference Board of Canada says players would never accept it.

And neither would fans.

"The (average) fan says put

some revenue-sharing options on the table as a way to get this done," says Hodgson, the board's senior vice-president and chief economist.

"(But) that means rich

Onus on big markets

Hodgson acknowledges that NFL teams share more than \$9 billion in annual revenue, including a broadcast deal that pays roughly \$4 billion a year.

- In contrast, the NHL's U.S.

broadcast deal is worth \$200 million annually, meaning revenue sharing would consist of big-time money makers like the Toronto Maple Leafs subsidizing teams like the Phoenix Coyotes.

teams are going to have to give up some money."

The board has published several studies on the pro-sports industry in North America, and earlier this year identified the

NFL — where 80 per cent of revenues are shared among 32 teams — as the league offering the best balance of profitability and competitiveness.

TORSTAR NEWS SERVICE

Mobile sports



His arm still appears strong and he's been able to weather some hard hits, but Peyton Manning and his Denver Broncos have yet to show the ability to pile up the points so far in the NFL pre-season. Scan the code for the story.

Hockey

Danton denied visa to join English team

Mike Danton's attempt to continue his hockey career in England is on hold after border officials refused to grant him an entry visa.

The former NHLer, who served more than five years in a U.S. prison for a failed murder-for-hire plot, had his visa application rejected last week, the Coventry Blaze announced Monday.



Mike Danton
THE CANADIAN PRESS

The team, which plays in the Elite Ice Hockey League, said Danton plans to submit a secondary application.

THE CANADIAN PRESS

CHL

Junior hockey union close to reality

A process that's been more than a year in the making could change the face of junior hockey in Canada forever.

After working in anonymity for almost 14 months, the creation of a Canadian Hockey League Players Association, a de facto union to protect the interests of more than 1,300 junior players, is close to complete.

"We're in the process of making applications to each of the necessary labour boards," CHLPA spokesman Derek Clarke said in an interview Monday.

The CHL consists of 60 teams in the OHL, QMJHL and WHL.

The fledgling association is taking aim at the educational programs put in place by the OHL, QMJHL and WHL as well as the financial windfall that goes to the CHL for all of its events.

TORSTAR NEWS SERVICE

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Horoscopes

Aries

March 21 - April 20

There is no point in working too hard today — in fact it could be counter productive. If you need to burn off some of your excess emotional energy, the best way is through physical activity. Go for a walk.

Taurus

April 21 - May 21

The pace of life will pick up considerably over the next few days, so fasten your seatbelt. Creatively, all things are about to become possible — no goal is beyond you if you want it enough.

Gemini

May 22 - June 21

What you do for other people now, especially for friends and relatives, will determine how things go for you later on. You don't have to be a saint but you do have to realize you are not the only one with desires.

Cancer

June 22 - July 23

There are more than enough unhappy people in the world as it is — don't add to their number. Whatever your problems may be, you are, in fact, one of the lucky few. Shape up and start smiling again.

Leo

July 24 - Aug. 23

Stop looking for reasons to fail and start doing the things that make success more likely. What is your definition of success, exactly? It's not just about money and power. Don't forget spiritual growth.

Virgo

Aug. 24 - Sept. 23

Suddenly you are motivated. Suddenly you want to get out there into the world and make things happen. The Sun's imminent move into your sign will encourage you to believe you have what it takes. And you do.

Libra

Sept. 24 - Oct. 23

According to the planets you are getting close to the point where reality gives way to illusion. Question everything you see and hear today. Most of all, question what your own mind tells you. Can you trust it?

Scorpio

Oct. 24 - Nov. 22

You may not agree with what a loved one is doing but you owe it to them to be supportive. They have assisted you in the past, now you have the opportunity to return the favor. Don't waste it.

Sagittarius

Nov. 23 - Dec. 21

Cosmic activity close to the career angle of your chart makes this the perfect time to push ahead with your ambitions. What is it you want most out of life? What is it you dream of being and doing?

Capricorn

Dec. 22 - Jan. 20

You don't care in the slightest what people think about your words or actions. If they have a problem with any of it, well, that's just too bad. Life is too short to waste time trying to keep everyone happy.

Aquarius

Jan. 21 - Feb. 19

Something has been nagging at your mind for quite a while and will continue to nag until you do something about it. The fact that you have neglected it for so long is irrelevant — it's what you do now that matters.

Pisces

Feb. 20 - March 20

The planets urge you to ignore any and all opposition and to push ahead with your plans. Your critics may be many and vocal but they will soon come around when they see how well you are doing without their help. **SALLY BROMPTON**

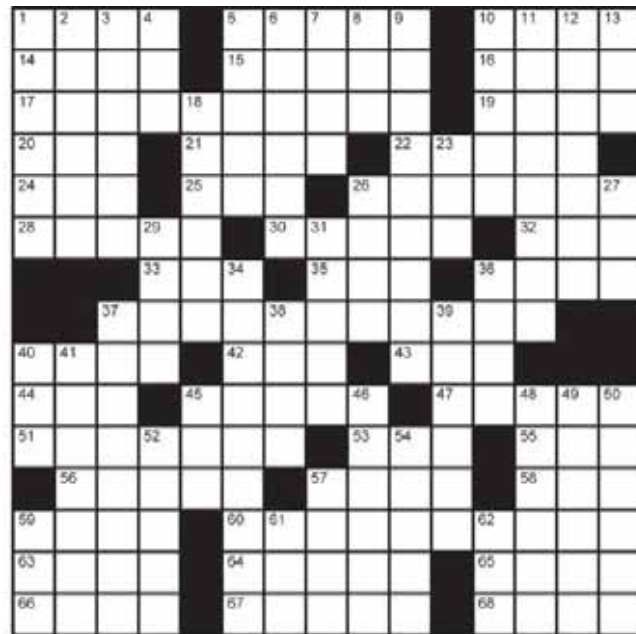
Crossword: Canadian Puzzle

Across

1. Operatic solo
5. "Sure, I'll handle it!" (2 wds.)
10. Lhasa ____: small dog
14. One of 11-Down: abbr.
15. Slobber
16. Astronaut team
17. Montréal's ____ Seaway (2 wds.)
19. Elizabeth star Blanchett
20. Can. neighbor
21. Sharpen
22. Tax month
24. *The Da Vinci Code* director Howard
25. Beatles hit "____ Loser" (2 wds.)
26. Canada's most populous province
28. Break up the romance (2 wds.)
30. Dispatches
32. Ending meaning "kind of"
33. Club ____: vacation destination
35. ____ Croix, Que.
36. Wagers
37. Northwest ____
40. "Confound it!"
42. Consumed
43. Whirlpool site
44. Serpentine seafood
45. Assent
47. Experiences pain
51. Stampede's home
53. Duo
55. Computer key: abbr.
56. "____ far, far better thing that I do ...": Dickens' *Tale of Two Cities* (3 wds.)
57. "Whole Lotta Shakin' ____ On"
58. Pontiac muscle car of the '60s
59. Russian mountain range or river
60. Grammy and Juno award winning French-Canadian singer (2 wds.)
63. Plummeted
64. School: Fr.
65. About, in contracts (2 wds.)
66. Versified tributes
67. Distributed seeds
68. Beaver projects

Down

1. Allay one's fears
2. Points the finger at (someone) (2 wds.)
3. Vancouver ____: Victoria's location
4. Alias
5. Computer data holder: acronym
6. Stadiums
7. Not one
8. ER worker, for short
9. Poisonous flowering evergreen shrubs
10. Ghana's capital
11. Provinces between BC and 26-Across, familiarly
12. The tunes a band plays at a concert (2 wds.)
13. Be in debt
18. Procol Harum's "A ____ Shade of Pale"
23. Halves of qts.
26. Aware of
27. Cries of insight
29. "... ____ a man with seven wives" (2 wds.)
31. ____ Lauder : cosmetics
34. Hotrod showdowns (2 wds.)
36. Belle's boyfriend
37. Yarn-spinner's forte (2 wds.)
38. Humble response to "Good job!" (2 wds.)
39. "There's an app for that" device
40. Xmas mo.
41. Televised again
45. Small batteries
46. Star: Fr.
48. Provincial capital whose name means "queen"
49. Loud weather phenomenon, as shortened in weather reports
50. Teacakes
52. Underwater breathing organs
54. ____ and dined: treated
57. Aura
59. Flying saucer
61. "Green" prefix
62. Performed



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BY MICHAEL WIESENBERG

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

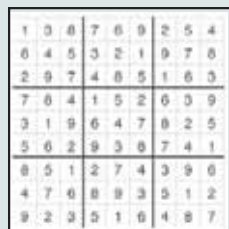


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 29°
MIN: 13°



MAX: 22°
MIN: 13°



MAX: 23°
MIN: 9°



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